824 to aching parts of the body.
278
757
[756]

"Stink Foot"

Diviners would treat swollen hands with the plant.

Viola adunca

An infusion of the roots and leaves was applied to sore and swollen joints.

PLANTS USED DURING MENSTRUATION

Artemisia frigida

[841] A pad of the plant was worn by women in their menses which reduced skin irritation.

"Wolf Back Brush"

An infusion of the plant was given to stop copious menses.

PLANTS USED IN THE TREATMENT OF HEADACHE AND FAINTING

Abies lasiocarpa

Headache and fainting were treated by inhaling the smoke from a smudge of the needles.

Allium spp.

Anyone with a headache (or sinus trouble) would cover himself with a blanket and stand over a smudge of the plant.

Geum triflorum

[276] The root was scraped, mixed with tobacco and smoked to "clear the head".

"Makes you Sneeze"

The dry root was scraped with a knife and snuffed for headache.

824 PLANTS IN THE TREATMENT OF BONE FRACTURES AND DISLOCATIONS
278
752

Physaria didymocarpa

A strong infusion of the plant is used as a liniment on sprains and

20: Hungry Wolf I-4,5 (no date) 1980
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Blood

824 grow all over the prairies, together and apart. The women's sage has smaller leaves and many more seed pods than the man's sage, which grows more bushy. They both have gray-colored leaves and a bitter taste.

824 757 Women used this sage for all kinds of things, internal and external. As a brew it was given for colds and chest problems, as well as other ailments. Many of these practices were taught to individual women doctors in their dreams and visions.

824 [752 302 841] They used this sage as a poultice for cuts and bloody noses. They used it as a padding inside their moccasins, for smelly feet, or under their armpits for a deodorant. They used to pick the leaves and make them into a pad during menstruation. The pads not only absorbed the blood but they also served as medication to keep the skin from getting raw. [514] Bunches of this sage were commonly used for toilet wiping.

PREPARING FOOD

262 With all the new foods that civilization has brought, the Indian people don't eat nearly as healthily as they used to. But one thing still remains the same: the staple Indian diet is meat, along with some kind of root vegetable. In the old days that was wild meat, mostly buffalo, and wild roots like camas and turnips. Nowadays the meat comes mostly from the butcher shop and the vegetables from the grocery store. Unfortunately, the children take most readily to all the other junk food that is so available today. This food is so sweet and easy to eat that some children don't even like meat and vegetables anymore.

I grew up with the taste of wild meat, cooked intestines, and berry soups. I still consider them favorite foods. I never did know of a Blackfoot Indian who was a vegetarian. But I have learned about modern foods and how to pick the good [872] ones from the bad ones. Even at the boarding school they

drunk to ease delivery at birth or to bring on an abortion. The crushed leaves used to be bound to itchy parts of the body. 844 847 757

PRAIRIE SMOKE (*Geum triflorum*): Called "lying on its belly" because its roots grow along close to the ground, it is still dug up, scraped, washed, and then crushed and boiled to treat sore throats, as well as sore, swollen, or snow-blinded eyes. The roots can be crushed and mixed with melted grease to treat sore gums, or mixed with melted kidney fat as a drink to treat ulcers. This kidney fat mixture can be applied to body sores such as chapped lips, blisters from riding, and sore nipples from nursing. The leaves are also brewed for a person spitting blood. Finally, ripe seeds gathered from the white flowers can be crushed to make a perfume. 824 757 752 303

PUFFBALLS: Known as "dusty stars," these fungi are thought to be the remnants of fallen stars, which dot the Prairies. The puffy substance, used to catch sparks, was an essential part of fire-making kits. Puffballs were also held against bleeding noses to stop the flow, and applied to cuts on horses. The yellow contents were brewed for a drink to treat hemorrhage. They were also used as a compress for hemorrhoids, and by women while menstruating. 821 824 372 757 232 757

SAGE (*Artemisia gnaphalodes*): "Man-sage" had many uses in addition to those already cited by Atsitsina. The basis of a decoction for treating coughs, its leaves could be chewed to stimulate appetite. It was also a main source of "toilet paper" in the Old Days. Burning leaves created a smudge to drive away flies and mosquitoes; soft leaves placed in nostrils checked bleeding. And it sometimes was added to dried meat for seasoning, although it was not actually eaten. 824 [757] [261] [514] [751] [757] [263]

SAGE (*Artemisia frigida*): "Woman-sage," which grows together with man-sage, was used by women in the same way men used man-sage, except that women used it addi- [137] [841]

[p. 187-B]

tionally as padding during menstruation; it was said to keep the skin from chafing. 824 [841]

Horses with back sores can often be seen rolling in patches of sage to treat themselves. Tops of this sage used to be brewed to treat heartburn and mountain fever. [757]

SILVERWEED (*Potentilla anserina*): The roots of this vinelike plant, known as "garters," were chewed and applied to sores on children's bodies, after swimming. When the children dried off, the sores also dried, and the scabs could be brushed off. 824 752

SILVERY LUPINE (*Lupinus argenteus*): This plant, called "wolf turnip," has mildly hairy leaves that were used in several ways. They were brewed and drunk for coughs and for gas pains, causing the stomach to expel the gas. A person with painful hiccups can be given a mouthful to swallow while stretching the neck and plugging up the ears. The leaves are boiled and sprayed on horses' sores where flies gather. 824 757 824 232 824

SNOWBERRY (*Symphoricarpos occidentalis*): A common shrub with white berries called "white weasel eyes," this plant's yellow roots were the base of a decoction made to stop the heavy flow of a menstruating woman. 824 941

SQUAWROOT (*Perideridia gairdneri*): The "double root" was used for medicine as well as for food. It was chewed and swallowed for sore throats. A strong brew, made for kidney ailments, could also be poured into the nostrils of people and horses to treat catarrh. The chewed root also lent itself as a poultice for swollen parts of the body. 824 757

SWEET CICELY (*Osmorhiza chilensis*): Known as "smell root" and similar names, this plant's brew treated coughs, colds, and pneumonia. It was force-fed to mares in winter to prepare them for foaling. 824 757 232

SWEETGRASS (*Hierochloe odorata*): We call this plant *sepatsemo*, or "fragrant smell." This, our most common incense, was added 824 [137] [778] [782] [515] [757]

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